



# 5 KM RUN

CONDITIONING • ENDURANCE • PACE

# WELCOME

Welcome to JWS Fitness — and to The JWS Performance System.

This guide shares the training structure I've personally used throughout my own fitness journey. I'm not a certified personal trainer or medical professional, and this isn't intended to replace professional advice.

It's simply the program that has worked well for me — and something I wanted to share with the community.

Whether you're looking to build strength, improve consistency or simply enjoy training, I hope this guide gives you some structure and motivation. You're not being coached from above here — you're training alongside me.

TRAIN SMART ♦ STAY CONSISTENT ♦ ENJOY THE JOURNEY

— **Shannon**

# WHAT'S INSIDE

## 5 KM RUN — PERFORMANCE CONDITIONING

• THIS GUIDE

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• THE FULL SYSTEM

THE JWS PERFORMANCE SYSTEM — ONE EBOOK PER DAY

|        |                                                      |
|--------|------------------------------------------------------|
| DAY 01 | Squat Focus — Quads · Glutes · Calves                |
| DAY 02 | Chest & Triceps — Push Strength                      |
| DAY 03 | Back & Biceps — Pull Strength                        |
| DAY 04 | 5 km Performance Run — Conditioning <b>THIS BOOK</b> |
| DAY 05 | Deadlift Focus — Posterior Chain                     |
| DAY 06 | Shoulders & Core — Stability · Strength              |

# THE JWS METHOD

## HOW I APPROACH EVERY WEEK

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### TRAIN.

Show up and do the work. I chase progressive overload — a little more weight, one more rep, slightly better form than last week. Small wins, stacked relentlessly.

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### FUEL.

Food is fuel, not the enemy. Protein with every meal, water within reach all day, and enough on the plate to actually support the training. I don't earn food — I use it.

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### PERFORM.

Every session gets logged. Weights, reps, how it felt. What gets measured improves — the numbers keep me honest on the days motivation doesn't show up.

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### REPEAT.

Consistency beats intensity, every time. Six training days, one rest day, every week. The system only works if you keep showing up — so that's the whole job.

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# 5 KM RUN

## PERFORMANCE CONDITIONING

6 EXERCISES · ~40 MIN · 4-WEEK PROGRAM

• WARM-UP — 5 MIN

- 01 Brisk walk building to a light jog — 3 min
- 02 Leg swings + walking lunges — 1 min
- 03 High knees + heel flicks — 2 x 20 m

• THE PROGRAM — 4-WEEK PROGRESSION

HOW I RUN THIS PROGRAM

Same 5 km, four different jobs. **WK 1** Easy — build the base. **WK 2** Steady — find the rhythm. **WK 3** Intervals — build the speed. **WK 4** Time Trial — race the clock and log it. I only race once a month; the other three weeks build the engine that beats it.

1 Week 1 — The Easy 5K

TARGETS: AEROBIC BASE

|      |        |            |      |
|------|--------|------------|------|
| 5 KM | 4-5/10 | FULL CONVO | BASE |
| DIST | EFFORT | TALK TEST  | GOAL |



ALL LEVELS ♦ ROAD OR TREADMILL

♦ **Cue:** *Slow enough to hold a full conversation the whole way. This week banks the aerobic base every other week is built on.*

**WATCH FOR** running it at medium effort · chasing a pace number · treating easy as optional

**No gear?** 40-min brisk walk · 10 km easy bike · 5 km easy row

♦ BREATHING RHYTHM

On easy runs I breathe in for 3 steps, out for 2. If I can't hold that rhythm, I'm going too hard for the day's job. On the time trial, all bets are off.

# 5 KM RUN

## PERFORMANCE CONDITIONING

6 EXERCISES · ~40 MIN · 4-WEEK PROGRAM

• THE PROGRAM — CONTINUED

2 Week 2 — The Steady 5K

TARGETS: RHYTHM · TEMPO

5 KM

DIST

6-7/10

EFFORT

SHORT PHRASES

TALK TEST

RHYTHM

GOAL



ALL LEVELS ♦ ROAD OR TREADMILL

♦ **Cue:** *Comfortably hard — you could speak in short phrases but wouldn't want to. Lock into one pace and hold it the whole way.*

**WATCH FOR** starting at time-trial pace · surging and fading · no watch check until the end

**No gear?** 25-min steady bike · 5 km steady row

3 Week 3 — Intervals

TARGETS: SPEED · ENGINE

5×800M

REPS

8-9/10

EFFORT

90S WALK

REST

SPEED

GOAL



INTERMEDIATE ♦ ROAD, TRACK OR TREADMILL

♦ **Cue:** *Five 800s, hard but repeatable — the fifth should match the first. Walk the 90 seconds; don't stand still.*

**WATCH FOR** emptying the tank on rep one · jogging the rest instead of walking · quitting at rep three

**No gear?** 6×2-min hard bike · 5×500 m row

# 5 KM RUN

## PERFORMANCE CONDITIONING

6 EXERCISES · ~40 MIN · 4-WEEK PROGRAM

THE PROGRAM — CONTINUED

4 Week 4 — The Time Trial

TARGETS: THE TEST

5 KM

DIST

MAX

EFFORT

NEGATIVE SPLIT

PACING

PB

GOAL



ALL LEVELS ♦ ROAD OR TREADMILL

♦ **Cue:** Race it. First kilometre controlled, middle three locked in, last kilometre everything you have left. Log the time — that number is the whole month's scoreboard.

**WATCH FOR** sprinting kilometre one · checking the watch every 30 seconds · saving too much for the finish

**No gear?** 5 km row time trial · 10 km bike time trial

FIND YOUR PACE

| TARGET 5 KM TIME | PACE / KM | PACE / 800 M |
|------------------|-----------|--------------|
| 20:00            | 4:00      | 3:12         |
| 22:30            | 4:30      | 3:36         |
| 25:00            | 5:00      | 4:00         |
| 27:30            | 5:30      | 4:24         |
| 30:00            | 6:00      | 4:48         |
| 32:30            | 6:30      | 5:12         |
| 35:00            | 7:00      | 5:36         |

# 5 KM RUN

## PERFORMANCE CONDITIONING

6 EXERCISES · ~40 MIN · 4-WEEK PROGRAM

• THE PROGRAM — CONTINUED

AFTER THE RUN · WEEKS 1-3

5 Strides

TARGETS: SPEED · MECHANICS

4x20S

REPS

85%

EFFORT

60S WALK

REST

SMOOTH

FOCUS



ALL LEVELS ♦ NONE

♦ **Cue:** Smooth accelerations to about 85% — fast but never straining, walking back between each.

**WATCH FOR** sprinting flat out · tensing the shoulders · skipping them when tired

**No gear?** Hill strides · Bike sprints

6 Cool-Down Walk + Stretch

TARGETS: RECOVERY

5 MIN

WALK

STRETCH

THEN

30S EACH

HOLD

CALVES·QUADS·HIPS

AREAS



ALL LEVELS ♦ NONE

♦ **Cue:** Five minutes easy walking, then stretch calves, quads and hip flexors while everything is warm.

**WATCH FOR** stopping dead after the run · skipping the stretch · sitting straight down

**No gear?** Easy spin on the bike

Skip the strides in week 4 — the time trial was the work

♦ FORM CHECK

Tall posture, eyes on the horizon, quick light steps — I aim for short strides landing under my hips, not out in front. When form fades late in a run, I shorten the stride first.

# 5 KM RUN

## PERFORMANCE CONDITIONING

6 EXERCISES · ~40 MIN · 4-WEEK PROGRAM

● **SESSION TRACKER**      DATE \_\_\_\_ / \_\_\_\_ / \_\_\_\_

BODYWEIGHT

SLEEP HRS

WATER (L)

MOOD /5

ENERGY /5

DURATION

● **TIME TRIAL PROGRESS**

| WEEK                | TIME  | AVG PACE | EFFORT /10 |
|---------------------|-------|----------|------------|
| Week 1 — Easy       | _____ | _____    | _____      |
| Week 2 — Steady     | _____ | _____    | _____      |
| Week 3 — Intervals  | _____ | _____    | _____      |
| Week 4 — TIME TRIAL | _____ | _____    | _____      |

PERSONAL BEST THIS SESSION

\_\_\_\_\_

☐ Session complete

TODAY'S FOCUS

\_\_\_\_\_

● **NOTES**

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ONE THING I FOCUS ON

Easy days easy, hard days hard. The biggest mistake I made early on was running every week at the same medium effort — four different jobs beats one repeated one.

# RECOVERY PRINCIPLES

## THE TRAINING YOU DON'T SEE

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**01 Sleep is where the growth happens**

I aim for 7–9 hours. Training breaks the muscle down — sleep is when it rebuilds. Skipping it means training twice for half the result.

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**02 The rest day is part of the program**

Day 7 isn't a reward — it's built in. Six days on, one day fully off. Take it without guilt; it's a given.

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**03 Easy movement beats the couch**

When I'm sore, a gentle walk does more than sitting still ever will. Blood flow is recovery.

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**04 Hydrate all day, not just at the gym**

Water bottle within reach from the moment I wake up. It's the cheapest performance upgrade there is.

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**05 Soreness is fine — pain is a signal**

Muscle soreness comes with the work. Sharp or joint pain doesn't — that's my cue to back off and sort it before pushing on.

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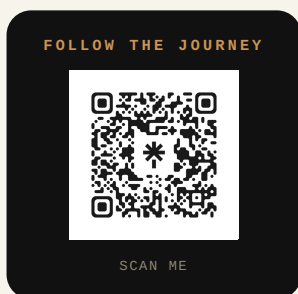


## ABOUT SHANNON

G'day — I'm Shannon. I'm not a coach or a trainer; I'm just someone who fell in love with training and decided to document the whole journey.

The JWS Performance System is the exact program I follow week to week. Sharing it is my way of giving something back to the community that follows along — and hopefully making it easier for you to stay consistent too.

If you train with one of these guides, I'd genuinely love to hear how it goes.



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# GREAT WORK

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You completed another workout.

Progress isn't built in one session — it's built by  
showing up consistently.

Keep improving. Keep learning. Keep moving forward.

See you in the next workout.

TRAIN • FUEL • PERFORM



SCAN TO FOLLOW THE JOURNEY

JWS FITNESS

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# BEFORE YOU TRAIN

PLEASE READ — THE IMPORTANT STUFF

**This guide is for educational purposes only.** It documents my personal training program and experience. It is not medical advice, and I'm not a certified trainer, dietitian, physiotherapist or medical professional.

**Check with your doctor first.** Before beginning this or any exercise program, consult a qualified medical professional — especially if you have any existing injuries or health conditions.

**Listen to your body.** Exercise carries inherent risk. If you feel pain (not to be confused with normal training effort), stop the movement and seek appropriate advice before continuing.

**Your training is your responsibility.** By following this guide you participate voluntarily and accept responsibility for your own training decisions. Results vary from person to person, and no specific outcome is guaranteed.

Train smart, progress at your own pace, and enjoy the process.